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The Orthodox Herald

Celebrating our 42nd year

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HERITAGE DAY

Nureyev had come to the United States to attend a ballet benefit. During an interview, he said: "The public comes and fills the theater but you don't have an event. It is an everyday activity – and you can't blame people for skipping it."

This settlement got us thinking about the Church and its services – especially Soul Saturdays. Several of them are found on the calendar during the year, the last of them is sometimes identified as Dimitrios Saturday and this year it is found on the Calendar on Oct. 22/Nov. 5.

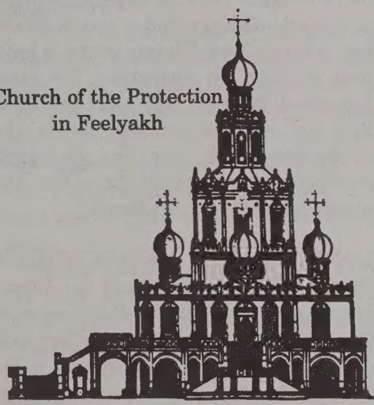
Unfortunately fewer and fewer people bother to come to church for services on these Saturdays or present their hramoty or diptichs with the names of their loved who have left this earth so that prayers may be said for their souls. On these Saturdays, each name is mentioned out loud by the priest no matter how long the list or how many lists he receives with request for prayers.

All Souls' Saturdays are times for remembering those who lived before us – our relatives, our ancestors, our friends. They – The Saturdays – remind us of our own mortality and our baptismal birthright of everlasting life. These truths we say we believe, but when was the last time your family or parish really celebrated those lasting bonds with those who have gone before you?

This Soul Saturday, St. Dimitrios, comes at a time of year when there is more free time on the average personal calendar. This could be the time to plan a Heritage Saturday for your parish or family. The week before the celebration. To celebrate it as a parish, the week before place sheets into the bulletin which each family can fill in and bring back with them at the celebration. The story sheet can feature a bare-branched tree surrounded by questions for families to answer. Where did our families come from? Where did our ancestors come from in Europe? What country is this in at the present time? What do we know about them? What Christian qualities did they pass on to us? What qualities do

(Continued on Page 39, Col. 1)

Church of the Protection in Feelyakh



Церковь Покрова в Филях

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

НОЯБРЬ

NOVEMBER

THE NATIVITY LENT

Preparing for the Lord's coming requires a change in lifestyle. The Nativity Fast helps us to get in touch with our desires for life with the Lord. We continually need God's Presence.

To this end the Church has set a period of fasting and prayer prior to the Nativity/the Coming of Our Lord. This begins on November 15/28.

We find from the Old Testament that many people waited all their lives for the Coming of Jesus. God had promised to send a Saviour to His people thousands of years before Jesus was born on earth. Many of these promises are read to us during this period of forty days. They had been revealed to prophets who then told them to the people who were waiting. The prophets told them how God wanted them to prepare for the coming of His Son. They told them that they

(Continued on Page 39, Col. 1)

I DIDN'T KNOW

We have had the rare opportunity of visiting in the matter of a few weeks (4-16 Sep '94) the lands bordering the Carpathian Mountains about which we have been writing in this series "I Didn't Know." It was an opportunity to compare the changes and the commonalities of the four centers from which most of our Carpatho-Russian people emigrated in the late 1890's and early 1900's.

It was an emotional experience for most of our sixty tour members who had the rare opportunity to either meet relatives for the first time or to visit those they have not seen for awhile. Those who were not as fortunate were gratified to see or better still walk on the ancestral land on which their parents, baba or gedo walked.

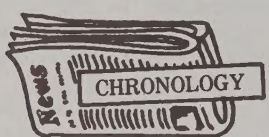
So much is different in these lands and yet so much remains the same, especially in the tiny villages. As the changes are so rapid, there are fewer and fewer people who remember way back, and it will be more difficult to make the connections or learn which house our forefathers lived in so very long ago. The villages seem to be full of "historians" who remember families and people who left for America many years ago.

Perhaps the saddest memory I have of our tour is the number of strangers who approached me, asked me where I was from and if I answered America, they would eagerly ask if I knew so and so in such and such a city in America. They sometimes pulled out an old, old letter which they obviously cherish and keep in their possession at all times, hoping it would help them in their quest to find someone. My negative answer was usually met with either a sad statement "maybe they died" or the question "why don't they write to us?"

As we toured centers of the emigration in the Ukraine, Poland and Slovakia we noted that the language we call "po nashemu" is dying out in Europe (except in villages) as it is in America. People are

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America is No. 1 because of its Veterans. Remember them on Veterans' Day – November 11.

THE SERBIAN ORTHODOX DIOCESE OF EASTERN AMERICA published the following decision in their Diocesan newspapers in late 1986: "The introduction of any practices foreign and alien to the Serbian Orthodox Church concerning the practice and administering Holy Communion to our faithful without prior fasting and the Holy Mystery of Penance (Confession) is forbidden. Frequent Communion is most praiseworthy, which is indeed the purpose of celebrating the Divine Liturgy; however, under the prior condition that the faithful are prepared to receive Holy Communion by several days of fasting, both spiritually and physically, and the Holy Mystery of Penance with Confession."

COLLEGE STUDENTS should look for an Orthodox Student Organization on their campus. These organizations can help in making proper choices when faced with moral and ethical dilemmas.

WHITE THREE-BARED CROSSES were painted on two pin oak trees by Paul Sokolik of Broomall, PA, thirty years ago to protect them against lightning. This past July, two bolts of lightning struck a clothesline, telephone pole transformer and other objects adjacent to the trees. The trees were not touched. Mr. Sokolik said that many people have scoffed at the crosses over the years, but he always believed the trees would be safe.

TOM HANKS recently said: "My wife is Greek, and I go to her Greek Orthodox Church. The Greek Orthodox faith isn't just a religion. It's a heritage. It's a blend of history, ethnicity and a way of thinking. It's very nice. It's important to have that in your life someplace. The most important thing my wife and I get out of it is the sense of extended family, the connection with the grandparents, cousins and nieces. It broadens the whole foundation of the family."

CONCERNING AUTOCEPHALY, Patriarch Bartholomew said the following at meetings held by Syndosmos in Constantinople: Decisions must be based on the local stability and maturity of the community, and inter-Orthodox agreement. Autocephaly (complete local self-government) for a Church was a matter for conciliar agreement by all local churches together.

"The Orthodox Church cannot accept a "fait accompli' nor any precipitation in this area."

The case of the Orthodox Church in America (OCA), which was granted autocephaly by the Moscow Patriarchate in 1970, but is not recognized by all other local Orthodox Churches, was unfortunate, as was the similar situation in Japan.

Relations between the American Church and the Ecumenical Patriarchate were "very positive," and the Synod of the Patriarchate was currently studying some "clarifications" from the OCA.

One possible solution to the problem could be if the OCA ceased to use the term autocephaly and the formal process of local autonomy was begun again in consultation with all Orthodox in America (from The Orthodox Observer).

THE ICON PROJECT is continuing. Don't discard your good quality color icons from memorial cards, calendars, magazines, etc. OPT, P.O. Box 1128, Torrance, CA 90505 is sending them to Prison Ministry, Russia, Africa, Eastern Europe. For info call: (213) 378-9245.

THOSE INTERESTED IN ORTHODOX CHARITIES should send for Orthodox People Together News, 12410 Oxford Dr., NW, Pickerington, OH 43147. Enclose a check for expenses.

EASTERN ORTHODOX FOUNDATION, 422 East-Penn Run, Box 432, Indiana, PA cares for the mentally handicapped. They are in need of personal care items such as shampoo, shaving cream and razors, towels, single bed linens, etc.

ETHICAL DILEMMAS: Crises in Faith and Modern Medicine is available for $22.80 from University Press of America, 4720 Boston Way, Lanham, MD 20706. Phone (800) 462-6420. The book edited by John Chirban covers such topics as Bioethics, Euthanasia, Genetic Engineering, Substance Abuse.

THE FIRST MUSLIM CHAPLAIN was sworn into the U.S. military. A Muslim prayer was chanted at the Pentagon when Imam Abdul Rasheed Muhammad was accepted into the Army. An Army spokesman said that there will eventually be a Buddhist chaplain.

A SURVEY IN THE UKRAINE showed that 60%* of respondents identified as Orthodox, 6% as Greek Catholics, 13% Other, 5% Atheist, and 10% Don't Know. 1% Roman Catholic, 1% Protestant, Jewish or Islam. The number of Orthodox in the Ukraine exceed by ten times the number of Greek Catholic; in America the ratio is somewhat different. The population of the Ukraine is estimated at 55 million; 35 million of which profess Orthodoxy.

THE U.S. CIVIL RIGHTS COMMISSION has formally asked the Justice Department to explain current policies on religious vandalism and other acts of intolerance.

LITURGICAL ROBES and vestments are being sought by St. Dionysios Religious Education Center, 6018 Southern Dr., Afton, MO 63123-1668.

ORDER The Orthodox Herald for someone. Only $5 a year will please them and help us. Be sure to include the 9 digit zip code.

•Heritage Day

(Continued from Page 37)

we have as a family that we like the most? What Christian qualities would we like to pass on and be remembered for?

The story of one of the newly-canonized saint can be read and some people might want to give an anecdote from their sheet. A senior citizen, a middle-aged person, and a youth can share with those present the people and events that influenced their attempts to live saintly lives.

In years gone by, many parishes in Pennsylvania held Homecoming Days. These slowly turned into a way to raise revenue for the parish and most of those left at "Home" were so busy working they had no time to spend with those who returned to relive earlier days. Heritage Day certainly can turn into a Parish Family Reunion beginning with the Reading of the diptichs.

•The Nativity Lent

(Continued from Page 37)

must repent, change their style of living, make peace with one another, care for one another and be obedient and faithful to God.

Likewise, we must change our lifestyle during these forty days while we wait and prepare for the coming of Jesus. We repent of our bad habits and think about the ways we have strayed from the path toward God. Fasting and extra prayer help us in this as we prepare our bodies and minds to receive Jesus into our lives and and homes.

Those who would like to read about Jesus' Coming in Scripture might write into their calendar these thirteen readings, which are taken from the various services of the Church during this period. Micah 5:2-4; Hebrews 1:1-12; Matthew 1:18-25; Jeremiah 3:36-4:4; Galatians 3:23-29; Luke 2:1-20; Isaiah 7:10-16, 8:1-4, 8:9-10; Hebrews 1:10-2:3; Matthew 2:1-12; Isaiah 9:6-7; Hebrews 2:11-18; Matthew 2:12-23; Galatians 4:4-7.

CHUCKLE

She had begged her husband for months to have his picture taken. At last he made the appointment with the photographer. But when the proofs arrived, his wife exclaimed in horror, "Oh! There's a button missing on your coat!"

"Thank heaven," he said, "you've noticed at last."

•I Didn't Know

(Continued from Page 37)

using the language of the country in which they find themselves much as we are using English. The culture is also being absorbed and it was even difficult to find handicrafts which were indigenous to the areas. "Hanya" language helped in all locations to make myself understood.

As far as the church and religion are concerned, the situation varied in each place. First, we must remember that for fifty to seventy years all propaganda was against religion. We found that many now don't care about the church or aren't' even aware of its existence. It is not a part of their lives, except in the villages.

In the Ukraine, there appears to be the least amount of friction. Some villages have Orthodox churches, some Greek Catholic and on the local level both groups seem to be waiting out the turmoil in which both churches are engulfed "top side."

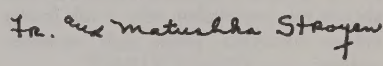
In Poland, after three million Galicians were resettled at least three times in the last hundred years and thousands emigrated to America, there appears to be little activity by either Eastern Church in the Lemko areas. In fact we drove for hundreds of miles from Premysl to Krynica and didn't see an Eastern Church. What we did see were many new Roman Catholic Churches with varied and startling designs going up every few miles in villages along the way. Many told us it is unwise to identify as an Eastern Christian. No ecumenism here!

In Slovakia a decree was promulgated, which meant that churches were being assigned by a strange formula. Most Orthodox lost their church buildings even though there might not be any Greek Catholic person to use the building. The unused churches cannot even be rented by the Orthodox, the former occupants.

In all three countries we found the enthusiasm of those who were churchgoers something to envy. Their faith is obvious and vigorous.

The members of our tour were touched by how poor everything seemed. They wondered whether they could live with so little. It certainly brought much comment on the early lives of those over sixty.

Most gratifying and what brought most tears to many was the raising of our American voices in praising God in the Slavonic language in the many churches and monasteries we visited. It gladdened the hearts of the people to think that we know the hymns. We hope that God will answer the prayer we sang "Spasi Hospodi Ludi Tvoyd," "Save, O Lord Thy People".



PRESS FUND

We can see the great influence TV and radio have on the minds of people. The Orthodox Church is isolating itself "by preaching to the choir." With your help we are getting information out by the printed word. Spasebo to all who are helping in this effort. Mary Petras, Nettie A. Jury, Etrhel Watlock, Mary Barret, Mary Oyler, Andrew Dacko, Irene Allen, Anonymous (3), Nicholas Blonsky, Marian Barber, Mary Kuyon, Evelyn Bekish, Joseph Burchick, Mary O'Buck, Mary Eurist, John Miseyko, William Bybel. Nicholas and Mary Homa and Marilyn Joseph in memory of son and brother Ronald Nicholas Homa. Carolyn Herman in memory of her father John Hutchko. Frank Pelak in memory of relatives and friends. William and Sophia Holak in memory of parents Daniel and Anna Holak, Ignatz and Marie Timoschuk. Peter Tarasovich in memory of parents Peter and Anna. Mary Pavluchuk in memory of husband Joseph, parents Fedor and Anna Pochinak and other relatives. Vera Cibulsky in memory of husband John. Anna Kovalik in memory of sister Helen. Agnes Wozniak in memory of husband Gregory. In memory of Simon Russin.

DAYS OF THE WEEK

Each day of the week is dedicated to a specific event or person. When the daily services are held, special hymns are included to these. When you examine the list, you can understand why we are instructed to fast on Wednesdays and Fridays; and why diptichs are read on Saturdays. Monday is dedicated to the Angels; Tuesday to John the Baptist; Wednesday to the Betrayal of Jesus; Thursday to the Holy Apostles; Friday to the Crucifixion and Burial of Christ; Saturday to the Martrys and our departed ones, and Sunday to the Resurrection of our Lord and Savior Jesus Christ.

ETHNIC CHUCKLE

Dorohaya Tyotya Maria,

Me husband ee yah peshlee na vacation. Me doshlee dho Agra Falls shest hodene in evening. Bulee takee tired e malee pyat suitcasee. Treba nayte place spatee. Me bralee bus boh yak yah pesala vam in the other letter, me husband neh lubee drive long distance ee yeh too chicken to fly. Me husband me poveel zhe u tot situation zhe me in best shtbee me rentovalee caru e tak budey better hladatee place deh moshem spatee.

Me za rentovalee caru e peshlee hladatee hotel room. Eshlee ot hotela doh hotela. Shitke all full up boh yeh convencia in town. Lem me eshle dalshe ee dalshye on highway out of town. Ee tam driving ot motela doh motela. Uzhe bullo temno ee pezno. Me takee hungry ee barz tired. Mee malee takee velekee argument. Me husband ohn takee stubborn. Ohn eshtye want to look for room a yah yemyu kazhyu zhe yah taka hungry better estee then mozhem hladatee room. Ohn neh hotche doing that. Yah got taka mad nah yeho, yah kretchyem, "Stop!" Ohn kazhe, "O.K. then budem spatee yu caree." Yah kashyem, "No." Yah peshla na vacation to be comfortable. Me budem eat e then budem looking docklya me find a room to sleep."

Nashlee place. Mau vacancy sign: Rustic Cabins. Nam pokazal room. Thoe yak yu vas yu starom krayu. Pot belly petz, bed ma open springee, window neh ma ferangee, neh mah bed lamps only light bulb u ceiling, mah takee malee rag carpet kolo postel. Me takee desperate shto uzhe nhe malee choice. Treba bratee.

Me husband zvedal, "How much?" Chelovek dal yemyu price.

Me husband yemyu answer, "You misunderstand me mister. I don't want to buy this cabin, we just want to spend the night here."

Chelovek povel, "Take it or leave it. Someone else will come along with the conventions in town."

Me take it.

No yak yah mozhu povestee my next door neighbor zhe me nhe malee room yu Hilton eelee Holiday Inn? Mozhye yah yeh povem zhe going back to nature is the in thing. Yah dumam zhe tak to ye yu Americee. Ludee mayut velelee house ee maytu shitkee convenience ee edyu doh cabin na vacation.

Budte zdrove,
New fashion not of choice,
Hanya

THANKSGIVING

In the United States we celebrate Thanksgiving Day on November 24 this year. It is one of the few days of the year when the malls and fast food restaurants are closed at least for part of the day. Most people have a family dinner and follow certain customs. They make the same menu and dare not leave out something which has become associated with the dinner.

Certainly the giving part of the word thanksgiving is fulfilled by the person preparing the dinner, but the thanks part of the word is often missing. If any grace is said at the beginning of the meal it is usually done by a child doing the familiar "God is great, God is good..."

Here is a prayer that expresses so much. Add it to your daily prayers and share it with others on this Thanksgiving Day.

Thank You God, for little things
that often come our way
The things we take for granted,
but don't mention when we pray.
The unexpected courtesy,
the thoughtful kindly deed,
A hand reached out to help us,
in time of sudden need.
O, make us more aware Dear God,
of little daily graces
That come to us with sweet surprise,
from never dreamed of places.
Amen.

PRAY FOR THEM

On our prayer list, among others, we have the priest who died in November in past years and were very supportive of The Orthodox Herald. These include Bishops Benjamin (Basalyga), who was the first American-born bishop and realized the great need of a paper to inform people and have them feel part of a greater church, and Bishop Jonah (Stalberg), who was a teacher of several of the early editors. Priests include: Fathers Joseph Pishtey (who was the first chancellor and a man with great love for the church), Feodor Michailoff, who suffered in the Gulags in the Soviet Union and was sustained by his love of God and His holy Church, John Sochka, Peter Popoff, Paul Pianovich, Theodore Kondratick, Peter Semkoff, Peter Rozdelsky, Benjamin Kedrovsky, Theodore Migdal, George Yankevich. Eternal Memory! Vechnaya Pamyat!

Dabs of Thoughts

A great statement was made by Benjamin Franklin, "We have been assured, Sir, in the Sacred Writings that except the Lord build the house, they labor in vain that build it. I firmly believe this. I also believe that, without His concurring aid, we shall succeed in this political building no better than the builders of Babel." This is still good advice for today.

It is said that one of the advantages of congregational singing is that you can join in whether you have a voice or not. The disadvantage is that your neighbor can do the same.

Religious Education students can make seasonally decorated bookmarks for Thanksgiving. They can paste on a prayer provided by the teacher. These bookmarks can be passed out to the people after the Divine Liturgy the Sunday before Thanksgiving.

In 1941, the Germans were bombing St. Petersburg, Russia. When some German officers were captured, it was found that they had round tubes which usually held pencils and in these were found rolled up panoramic photographs of the city. Certain buildings were used as points of reference as they were very distinctive at night. Among these was the golden spire of SS. Peter and Paul Cathedral. A small brigade of four mountain climbers was organized and they scaled the spires and domes of the churches and camouflaged the gold-covered surfaces. The early days of the 900 day seige were the most brutal as to night-bombing. The Germans seemed uncanny in their ability to destroy specific targets under cover of darkness. Once the mountain climbers accomplished their mission, the bombing lost its precision.

In the middle ages contracts and agreements were not considered binding until each signer added the St. Andrew's Cross (X) after his name and then kissed the document to further guarantee the contents. Over the centuried, the origin was forgotten and the X after letters usually denotes only the kiss.

The oldest stained glass in the world represents the prophets in a window to be found in the cathedral of Augggsburg in Bavaria, Germany. It dates from 1050.



EDITORS' NOTES

Here it is November again and the beginning of the Christmas or Nativity Fast, which hardly anyone keeps. Even many parishes ignore it or worse still hold Christmas socials of one type or another before the Nativity Day, December 25/January 7.

One of the strong arguments given for the change of the calendar was that it was difficult for people to keep the fast as the two-week difference in celebrations of the Holy Days kept many Orthodox from fulfilling the obligation. The whole Fast seems to have been lost in the shuffle.

Last year was a very difficult year in Northeast Pennsylvania. Now, with all the leaves gone off the trees, all kinds of predictions are being made about the coming winter and with these predictions people are taking many different attitudes toward them. In July, we read in our daily paper that the dealers could not keep up with the demand for four-wheeled drives and snowblowers were being put on back order before any had come in for the season. We were surprised to find that one of our neighbors had moved back to the "city" after living in the house which they had purchased last January and had lived in only four months. Many people have lived through the winter, which has not yet come, by dreading it and worrying about it all through the beautiful summer and fall months. Isn't this the same with many of life's problems?

We were sent a newspaper article which had an article concerning the sale of a famous church in New Jersey to a new congregation which only started with a few members a few years ago and now numbers over 500 with enough resources to purchase the $1.25 million structure. The article compared the differences between the two groups. The ones who are selling because they can no longer upkeep the church due to dwindling membership is classified as liberal. The minister preaches in a Socratic style, posing questions to his congregation rather than laying out answers. The last thing he would tell them, he said: "is how to think." It holds poetry seminars, film festivals and discussion groups like Skeptic Tank and Heretics Anonymous for people "who want to chew over spiritual issues without fear of stepping on someone's toes."

The group, which is buying the building, said they focus heavily on teaching Scripture and how to comply with it, are fairly strict in enforcing rules and ask for a high degree of commitment from members. "It's something that members themselves insist on."

Neither of these groups are Orthodox but a trend towards the thinking of the first group is troubling many. As we wrote in the beginning of the notes: Christmas Fast practically out, Holy Communion controversy, fasting out on Wednesdays and Fridays, dispensations of every kind given and canons broken. The list can be added on and on. Where do you fit into the picture?

Fr. and Matushka Stroyen

THE FIVE TRUTHS

The Orthodox Church teaches us these Five Truths:

1. There is One God, manifest in three equal Persons: God the Father, God the Son, and God the Holy Spirit. (We are Trinitarians.)
2. As a Judge, God is just. He rewards the just through the Kingdom of Heaven and punishes the wicked through eternal damnation.
3. God the Son became mortal man to save all mankind from eternal damnation.
4. The human soul is immortal.
5. The Grace of God is an absolute necessity for salvation.

ALASKA FUND

Helping to send copies of The Orthodox Herald to Alaska this month are: Andrew Dacko, Carolyn Herman, Frank Pelak, William Bybel, Ethel Watlock, Mary Banks, Mary Petras, Marian Barber. Anna Kovalik in memory of her sister Helen.

SOME HUMOR

A youngster was helping his grandfather dig potatoes. After some time, the lad began to tire of the work and said, "Grandpa, whatever made you bury these things anyway?"

* *

•Kitchen Corner

(Continued from Page 42)

margarine. Stir in the orange mixture. Fold in the flour mixture. Stir in the apple mixture. Spoon into greased and floured 10 inch tube or bundt pan. Bake at 350 for 1 hour or until cake tests done.

Variation: Add candied or dried fruit with the chopped apple mixture. You could try vanilla instead of cinnamon.

FAMILY PRAYER

In many families prayer as a unit is so rare that when Holidays come, which seem to be incomplete without a prayer blessing food on the table, they are very uncomfortable. They don't know how to proceed and are very embarrassed if a stranger is present at their table.

Most people may talk about prayer and plan to start someday, but few of them actually make a concerted effort to start. They pray a hurried plea at the time of need, sorrow or some similar circumstance but there is not a continued, habit of praying to God which the Church encourages in our daily lives.

This is especially true when we speak of family life. During these times of every one in the family keeping their own schedule of activities, it is imperative that they pray together as a family group as well as being attentive to their individual personal prayers. Prayer will nourish the family existence just as surely as food, heat and water does the material existence of the family.

It may make you a bit sheepish, but start the custom now at Thanksgiving, which is celebrated practically at the beginning of the Nativity Fast. It will not be easy for temptation is always there to turn away from God but with perseverance you will succeed and will walk the daily path with God and His saints at your side.

MISSION FUND

Helping to inform about the Orthodox Church and its Christian faith are: Marian Barber, Andrew Dacko, Carolyn Herman, Evelyn P. Bekish, Mary Eurist, William Bybel, Ethel Watlock, Nettie A. Jury, Mary Petras. Anna Kovalik in memory of her sister Helen. Gary Gryziak in memory of Fr. John Hutnyan and Serge and Ann Rosco.



Fruit Cake is getting such a bad press the past few years that although we like a slice and enjoy making it, we hesitate sharing it with friends and relatives as we did in years gone by. We missed doing this and were happy when we found this recipe for a fresh fruit version. If you wish, you can add dried or candied fruit such as cherries and apricots and have the more familiar much maligned fruit cake.

Fresh Fruit Cake

2 oranges
2 very ripe bananas
2 apples
1/2 cup chopped pecans
1/2 cup raisins
1 teaspoon cinnamon
3 cups flour (divided use)
2 eggs
1 1/2 cups sugar
1/2 cup butter or margarine
1 tablespoon baking powder
2 teaspoons baking soda

Quarter and seed the 2 oranges and place into food processor or grinder and puree so that only the tiniest flecks of skin are visible. Add the 2 ripe bananas which have been peeled and cut into chunks. Puree. In another bowl, mix 2 1/2 cups of the flour, the baking powder, baking soda and cinnamon. In another bowl, mix the 2 apples which have been coarsely chopped, the raisins, the coarsely chopped nuts and the other 1/2 cup of flour. Set aside. In a large bowl, beat the eggs until foamy, gradually add the sugar and then the melted butter or

(Continued on Page 41, Col. 3)



November 1994

1 Luke 6:37-45
2 6:46-7:1
3 7:17-30
4 7:31-35
5 5:27-32
6 7:11-18 Sunday
7 7:36-50
8 John 15:17-16:2
9 8:22-25
10 9:7-11
11 9:12-18
12 6:1-10
13 8:5-15 Sunday
14 Matt 10:1, 5-8
15 9:23-27
16 9:44-50
17 9:49-56
18 10:1-15
19 7:2-10
20 16:19-31 Sunday
21 10:16-21
22 11:1-10
23 11:9-13
24 11:14-23
25 11:23-26
26 John 10:9-16
27 1:43-51 Sunday
28 Luke 11:29-33
29 Matt 9:9-13
30 Luke 11:42-46

BIBLE STUDY

The reading for Wednesday, the 23rd, is taken from Luke 11:9-13. The beginning of this reading is repeated in Matthew 7:7-11 as part of the Sermon on the Mount. In verse 7 we read: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."

Here we see three degrees of prayers. Each one more intense than the other: ask, seek, knock.

This is a very practical technique of prayer. It works amazingly. One reason we do not get answers to our prayers is that we ask but do not really expect to receive. We are expert askers but inexpert receivers.

This spiritual formula tells to ask and then immediately conceive of ourselves as receiving.

For example, to be free from fear, ask the Lord to free you. Then believe that He has immediately done so. The minute you express your faith by sincerely asking Him for a blessing and believe your prayer is answered, your prayer <u>is</u> answered.

SERVICES OF THE MOTHER OF GOD

We read in our Church bulletins about various services will be celebrated usually following the Divine Liturgy. What is the difference between the Acafist, Paraclis, Canon or Moleben to the Mother of God?

The <u>Acafist</u> or Acathist is the oldest of the services. It was composed in the year 532 and expresses love and veneration for the Mother of God. The service is divided into twenty-four sections. The Virgin Mother is praised with all the figures by which she is represented in the Holy Scriptures, such as, burning bush, ladder and tabernacle. Icons have been composed depicting these figures. Acafists have been composed to various feasts and saints in imitation of the original acafist to the Mother of God but very few of them have come even close to the beauty and inspiration of the original one.

The <u>Paraclis</u> or Paraklis is a service which consists of prayers of comfort and asking taking the two meanings of the word paraklis, which means comfort, we see this word used for the Holy Spirit – paraclete. It also means to petition or ask. The service may be prayed as a private devotion or in the church as a community effort. The prayers give comfort and consolation to those who recite it in time of temptation, discouragement or sickness.

The <u>Canon</u> to the Mother of God is a slightly shortened version of the Paraclis. It is especially useful for those who need encouragement and peace of mind through their illness or disability.

The <u>Moleben</u> is a service to the Lord, Mother of God or a special saint or saints. It is a service of thanksgiving to God for His blessings. It is usually served in the church or in the home on special occasions.

WINTER GRACE (13)

When the darkest moment hits you
And you cannot go ahead
And you sit within your room
With a prayer left unsaid.
That is the very moment,
That you should turn to prayer,
For in that magic second –
You will find your solace there.